

US Rowing Safety Video Questionnaire

Name:

Date Viewed :

- 1.) If you take medications(s) and go out in a rowing shell, what do you do with your medications?
- 2.) During a swim test, how long does US Rowing expect athletes to tread water?
- 3.) Where is the traffic pattern for watercraft, including rowing boats, normally posted?
- 4.) What is the minimum water temperature for safe rowing?
- 5.) What is the minimum air temperature for safe rowing?
- 6.) What is the last thing a crew member needs to do before heading out on the water?
- 7.) When putting a boat into the water from the dock, what boat part is especially vulnerable for damage?
- 8.) What boat part is especially important after you get on the water (in case there is a collision)?
- 9.) What three colors of lights are generally used on rowing boats to make them more visible during darkness?
- 10.) If a wake from a pleasure craft is higher than a rowing boat's gunnels, how should a boat orient their boat relative to this wake?
- 11.) What property of carbon fiber (which most rowing boats are made from) is especially concerning during electrical storms?

- 12.) What is the term used by rowers for a “stuck oar”?
- 13.) What is the command used by rowers and coaches to instruct a crew to stop rowing?
- 14.) If a rower needs to exit the rowing shell and enter the water, where should s/he locate him/herself?
- 15.) According to the video, what percent of an athlete’s heat loss is expelled through a rower’s head?
- 16.) How much faster does cold water rob an athlete’s body of heat, relative to cold air?
- 17.) How many minutes can an athlete in cold water swim before losing that ability?
- 18.) Which is more life threatening - heat exhaustion or heat stroke?
- 19.) What minimum rating of sunscreen is recommended by the producers of the safety video?
- 20.) What one aspect of the video was the most interesting to you?